
LESSON BF-000-16

WIC Breastfeeding Lesson for Pregnant Teens

Starting Out Right - Positioning and Latch-On

OBJECTIVES:

This lesson encourages pregnant teens to breastfeed and encourages postpartum teens to continue to breastfeed beyond the first few weeks. This lesson re-emphasizes positioning and latch-on information shown in the teen video, ***Starting Out Right***. Participants will:

- Demonstrate how to correctly position a newborn at the breast.
- Name three ways to tell if their baby is latched on to the breast correctly.
- Explain why positioning and latch on are important in preventing common breastfeeding problems.

MATERIALS:

- Videotape Program: ***Starting Out Right?*** produced by Injoy Productions, English, 25 minutes
- TV/VCR
- *Tips for Pregnant Teens*, stock #13-15
- Bulletin Board for teens, three samples attached
- Teen breastfeeding posters
- Doll(s)
- Evaluation, attached

Note about Evaluation Forms for New Lessons:

The first few times a new lesson is presented staff and participants need to complete the evaluation forms attached at the end of this lesson. Please note that the staff evaluation form is different from the participant evaluation form. Only 25-30 participant evaluations need to be completed. Please mail completed evaluations to:

Delores Preece
Texas Department of Health
Bureau of Nutrition Services
1100 W. 49th Street
Austin, Texas 78756

TEACHING TIPS

Before class, display around the room breastfeeding posters which portray teen moms.

Decorate a bulletin board in the classroom or in the waiting room that features teen moms and their babies. Sample bulletin board ideas are attached to this lesson.

Because there is so much information in this video, it is recommended that the video be shown in two different classes. The entire video may be shown in both classes, but there are two separate lessons which may be taught with the video, which is called *Starting Out Right*. Use Lesson BF-000-16 to cover positioning and latch-on. Use Lesson BF-000-17 to cover breastfeeding problems and how to manage them.

ICE BREAKER:

Ask participants to raise their hands if they know how to ride a bicycle. Ask those who raised their hands to tell how long it took them before they could ride it on their own and what they remember about learning how to ride one.

Possible answers:

- I fell off a lot and skinned my knees.
- My brother ran behind me and held me up til I was going fast and then let me go.
- I had to try it several times before I got it right.

Ask participants how they felt when they learned to ride it on their own.

Possible answers:

- It felt great!
- That's all I ever wanted to do--was ride it everywhere!
- I felt like it gave me a lot of freedom and control!

Ask participants if it was worth the trouble.

If no one in class ever learned to ride a bike, ask them to tell about something else they did learn that was difficult. Ask them if they are glad for the experience. Ask them why.

INTRODUCE THE VIDEO:

Most things in life require some kind of preparation, some kind of learning experience. Breastfeeding is no different. It is a natural way to feed babies, but it is also a learning process. As you will hear from the moms in this video, ***Starting Out Right***, it is well worth the time it takes to learn how to breastfeed.

VIDEO:

Show the video, ***Starting Out Right.***

ACTIVITY:

1. **Now that we have been shown the correct way to position a baby while we breastfeed, let's practice what we learned.**

Give each participant a doll, or if you have only one doll, have them take turns sharing it.

Ask participants to turn their head far to the side with their chin over their shoulder and swallow.

Isn't it easier to swallow if you are looking straight ahead? That's why you need to make sure your baby is facing you when you are nursing.

Ask participants to practice positioning the doll for nursing. Ask them to show a cradle hold, a cross-cradle hold and a football hold. As they position the doll have the class critique them.

- If you have a real baby in the class, ask the mom if she would like to show the **class** how she correctly positions her baby at the breast.
- If you have a peer counselor who is nursing her baby, ask her to demonstrate correct latch-on to the class.

2. **Ask class members what questions they have.** Answer all questions asked.

3. **Do oral or written evaluation.**

Oral or Written Evaluation for BF-000-16 WIC Breastfeeding Lesson for Pregnant Teens Starting Out Right - Positioning and Latch-On

1. Three things to check for to make sure your baby is correctly positioned at the breast are: _____

2. Three ways to tell if your baby is latched on to your breast well are: _____

3. How can correct positioning and latch-on prevent sore nipples and engorgement?

Answers:

1. Baby's mouth is aligned with your nipple. Baby is facing you, tummy to tummy if cradle or cross-cradle holds are used. Baby's head, shoulder and body form a straight line.
2. Baby's mouth is opened wide, covering most of the dark area around the nipple. Baby's lips are turned out. Baby's nose is touching mom's breast. Baby is making soft gulping noises to let you know he is milking the breast.
3. If the baby is positioned correctly, there should be no pain for the mom as she breastfeeds. The roof of the baby's mouth should not be rubbing against the nipple. The baby should be getting milk and emptying the breast.

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Starting Out Right - Positioning and Latch On
Evaluation Form - Participant

1. The name of the video I saw today was: _____

2. I am: (you may circle more than one)

- a. pregnant
- b. breastfeeding
- c. parent of an infant
- d. parent of a child
- e. family or friend

3. How much did you like the video?

- a. a lot
- b. a little
- c. not at all

4. Do you plan to use this information?

- a. yes
- b. no

5. Do you think this is a good video to show at WIC?

- a. yes
- b. no

Why? _____

6. What is the most useful thing you learned from the video and discussion today?

7. Comments _____

Thank you for your time!

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Evaluation Form - Staff

LA# _____

Month/Year of lesson use: _____

1. Was the audiovisual easy to see and hear?

a. yes b. no

2. Was the lesson easy to read and follow?

a. yes b. no

What changes would you suggest for improving the lesson? _____

3. Was participant feedback:

a. positive
b. negative
c. indifferent

4. Do you plan to use this audiovisual/lesson again?

a. yes b. no

Comments: _____

5. Additional comments: _____

Thank you for your time!

Send Staff and Participant Evaluation Forms for New Lessons to:

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Texas Department of Health
Bureau of Nutrition Services
1100 W. 49th Street
Austin, Texas 78756